

After I receive the letter, how can I find someone to help me?

- You may hire a relative or friend, or find someone new to you.
- You can find new people by advertising in a newspaper, or by putting notices on bulletin boards or in newsletters.
- You can contact your county's Public Authority for assistance in finding someone to work for you. Their phone number appears in the county government listings under **Public Authority – IHSS.**

What does the Public Authority do?

The Public Authority maintains a registry of homecare providers and provides access to training for people who receive in-home supportive services and the people who care for them.

In-Home Supportive Services

For more information about IHSS,
Call 1-800-952-5253 or
1-800-952-8349 (TDD), select
③ for public social service programs
and then select
⑤ for IHSS.

*Do you need help with
household chores and
personal care?*



**The In-Home Supportive
Services (IHSS) Program
Provides These Services**

What is IHSS?

The In-Home Supportive Services (IHSS) Program provides personal and household services to aged, blind or disabled individuals who have limited ability to care for themselves but who could live in their own home with some help.

Who is eligible?

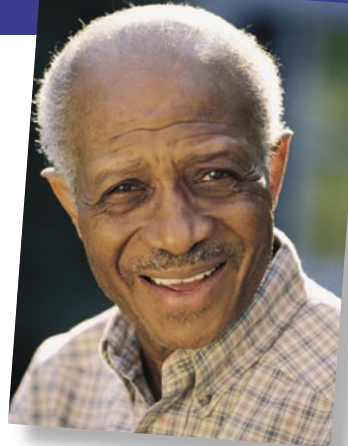
You may be eligible for the program if you:

- Are 65 years old or over, or are legally blind or disabled.
- Receive or are eligible for the Supplemental Security Income/State Supplementary Payment Program (SSI/SSP), or meet the requirements for SSI except for income. If you do not qualify for SSI, your income and property will determine your eligibility for IHSS.
- Need assistance to remain safely in your own home.

What services are offered?

Federal, state and county funds are used to pay someone to come to your home and help you with the following tasks:

- **Household chores**, such as house-cleaning, changing bed linen, laundry, meal preparation and clean-up, food shopping and other errands.
- **Personal care services**, such as help with bathing, grooming, dressing, eating, getting in and out of bed, moving around one's home, bowel/bladder care, breathing, medications, prosthetic care, and escorting to medical appointments and alternative resources.



How do I apply for the IHSS program?

Check your local telephone book for the county government listings for the social services or health and human services agency. Look for **senior or adult programs** or **IHSS**. Call the "intake" or adult programs number and you will be referred to the person who can determine whether you would be eligible for the IHSS program.

What happens next?

A county social worker will come to your home to interview you and find out what type of help you need, if any. If the social worker determines that help is needed, you will receive a letter that lists the types of services you can receive and the number of hours someone can be paid to work for you.

